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TRIBUNE



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COMPASSION is our
PASSION



The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital
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CCOT Now Physician Led at both WRH Campuses

CCOT has always been Physician Led at the Ouellette Campus with some very positive benefits for our patients. As a result of some advocacy work and in an attempt to standardize across both campuses Physician Led CCOT is now also starting at the Met Campus.

The purpose of the Critical Care Outreach Team (CCOT) is to provide rapid clinical support and early interventions by a specially trained team consisting of a Critical Care Trained Physician and Critical Care nurses who have specialized CCOT training. CCOT is for adult patients on any unit who show physiological signs of deterioration. Note that CCOT does not replace the Code Blue response.

CCOT's role is to apply the principles of acute medicine and resuscitation across the hospital and bring specialized knowledge and skills from the ICU directly to the bedside on a 24/7 basis. The CCOT Team works collaboratively with unit staff to identify, access and respond to the needs of at-risk patients prior to the development and progressive and irreversible deterioration.

Consider calling the CCOT Team if there is an acute change in:

- Airway** Threatened / stridor / excessive secretions
- Breathing** Respiratory <8 or >25 / distressed breathing / saturations <90% or FiO2 >60%
- Circulation** systolic blood pressure <90mmHg or >200 mmHg or decrease >40 mmHg / heart rate <40 or >130
- Disability/ Neurology** Decreased level of consciousness / new onset seizure or seizure lasting >5 minutes
- Other** Urine O/P <100 ml in 4 hours / serious concerns about the patient

Your CCOT Team is here to help!
Met Campus 519-995-6597 / Ouellette Campus 519-999-2114



WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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@WRHospital

Visit our website for more information at www.wrh.on.ca



UPCOMING EVENTS

- SEP 29** **Fish Fry For Baby Steps**
In support of Baby Steps Walk
Holy Name of Jesus Church
145 Talbot St. South, Essex
- SEP 30** **W.E. Care For Kids Toy Raffle**
Ciociaro Club
3745 North Talbot Road, Windsor
- OCT 14** **Baby Steps Annual 5K Walk**
Essex Arena
60 Fairview Ave West, Essex
- OCT 15** **Essex County Chinese Association Walkathon**
Dieppe Park
78 Riverside Drive West, Windsor
- OCT 26** **Do Good Divas "A Night In Handbag Heaven" Gala**
Giovanni Caboto Club
2175 Parent Avenue, Windsor
- NOV 03** **W.E. Care For Kids Gala**
St. Clair Centre For The Arts
201 Riverside Drive West, Windsor
- NOV 03** **City of Roses Emergency Medicine Conference**
Ciociaro Club
3745 North Talbot Road, Windsor
- JAN 21** **EUROPRO Vertical Climb**
FCA Chrysler Facility
1 Riverside Drive West, Windsor
- MAR 07** **Hats On For Healthcare Day**
www.hatsonforhealthcare.com



A highly-mutating and fast evolving strain of the flu has killed at least 73 people in Australia so this year. There have been 132, 732 confirmed cases of this H3N2 strain, which is expected to circulate in North America this flu season.



BUTT OUT BY JAN. 1

Ahead of provincial legislation taking effect January 1st which will COMPLETELY ban smoking of cigarettes, e-cigarettes, medical marijuana any other tobacco product on hospital property, we are continuing our efforts to encourage and educate staff who smoke to kick the habit!

If you are looking to quit and need some help, please go to www.wrhubbutout.ca for tips and links that could prove helpful in your quest to quit!

There are many local resources that can assist, including many from the local Windsor and Essex County Health Unit. Go to www.wechu.org/your-health/tobacco and click on "Ways to Quit Smoking" and you will find group and one-on-one counselling options, telephone and online links and much more.

Thank you to staff member Colleen Mahoney for emailing us to encourage those who want to quit to consider the Health Unit's STOP program. They run group education sessions as well as offering free nicotine patches at program workshops. You can get your name on a list for a call back from the Health Unit's Tobacco Cessation team members for future sessions at www.wechu.org/stop-smoking-good-registration-waitlist.

Also, if you have successfully quit, or know someone who has, tell us how you or your friend quit in 100-200 words and we will enter you in a contest for a \$100 gift card! Here's a good example written by Audrey Logan, WRH's Aboriginal Patient Navigator, who notes that the "purpose of traditional tobacco is to send prayers to the Creator" but as a smoker herself, she was frustrated when she would smoke and realize that she wasn't sending a positive message.

"What goes up must come down, that goes for smoke and prayers," Audrey says. "When things were not turning out in my life as I wanted, including being able to quit smoking, I realized something had to change, so I did. I set a date two months down the road. The last week, I opened my last package of cigarettes. I took out one cigarette and spoke to it every morning then set it back on the shelf; I told it "you" will be my last cigarette. This final cigarette made me dizzy, sick to my stomach it tasted like melted plastic and an old hemp bag and I resisted the desire to butt it out! This reminded me of my very first cigarette. Keep quitting until you get it right!"

Thanks Audrey and to everyone who has submitted their advice so far! We will draw a winner before Thanksgiving weekend.



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Claire Ofner
REGISTERED
NURSE
SURGICAL UNIT



Courtney Reaume
CLERK
DIAGNOSTIC
IMAGING



Adam Thrasher
ENVIRONMENTAL SERVICE
WORKER
GUEST SERVICES



Dr. Jonathan Toma
PHYSICIAN
CARDIOLOGY
MEDICINE

NICU Recognized For An Inspiration 100 Association Award

Windsor Regional Hospital Foundation was informed that its Neonatal Intensive Care Unit (NICU) Program had been nominated by local lawyer, Jay Strosberg for a grant from the Windsor Essex Community Foundation's Inspiration 100 Association.

Inspiration 100 is an exclusive group of 100 community-minded philanthropic leaders in Windsor and Essex County who are committed to building a unique charitable fund held in perpetuity under the umbrella of the Windsor Essex Community Foundation. It is expected that the fund will exceed \$3 million over the next decade. The project aims to make a significant difference in our community by distributing wealth responsibly and sustainably to worthwhile organizations in our city and county.

Attending the Inspiration 100 Annual General Meeting on September 13, Dr. Godfrey Bacheyie, Medical Director, NICU accepted a grant for \$5000.00 from Inspiration 100.



Photo above: Dr. Bacheyie received a cheque from the officials from Inspiration 100 Association of Windsor Essex Community Foundation.

Giving Back To Child Life Services

Laura Lepara and Corey Mariuz made a donation to Paediatric Child Life Services in lieu of their upcoming wedding. Laura did her Child and Youth Worker placement in Paediatric Services at the Met Campus and wanted to give back to support the children.



Photo Above: Kelly Bartnik, Manager, Paediatric Services, Laura and Corey with Lisa Galbraith from Paediatric Child Life Services.

Last Week To Pledge For The United Way 2017 Campaign

Did you know one in four kids in the Windsor area live in poverty, one of the highest rates among Canadian cities?

United Way Windsor-Essex County is trying to reduce that statistic and needs your help!

One of the goals of this year's United Way community campaign, entitled "Together We Fight, Together We Win", is to lift 4,000 local children growing up in economically disadvantaged homes.

We can do more! Less than one per cent of Windsor Regional Hospital employees have pledged to donate to the important community initiatives United Way supports to help break the cycle of poverty in our region.

Just a few dollars a pay can really make a difference!

Funds raised in Windsor and Essex County support local programs that are helping to lift up some of the most vulnerable members of our community - seniors and children living with low income, people who might be struggling with mental health issues, neighbourhoods where we have increasing poverty.

If you make a pledge before September 28, you will be eligible for many prizes including 7 days off with pay, Adventure Bay Family Passes, gift cards and more.

Pledge forms are available on tables with United Way information set up in the Met Campus Vendor Hallway and near the first floor vendor kiosk at Ouellette Campus. You can also access the forms on the Windsor Regional Hospital Intranet under Programs and Services – United Way.

Let's show Windsor and Essex County that WINDSOR REGIONAL HOSPITAL cares! Every donation big or small will help!



**United Way
Centraide
Windsor-Essex County**

VENDORS ON DISPLAY SEPTEMBER 25 - 29, 2017

Met Campus

Robert Bishop Artists, Accessorize It, Homeinstead, Edge Kids, Little Red Door, Coconut Oil Of Canada

Ouellette Campus

Coconut Oil Of Canada, Homeinstead, Magnolia & Vine, Scrub Shop, Funky Living,

* Please note that vendors are subject to change.

Acknowledging Our Patients

The WRH Patient Experience Task Force is excited to announce the latest theme for "The Little Things", a poster campaign meant to remind staff that sometimes it's the little things we do for those around us that have the greatest impact.

This fall's theme is "I See You There!" It acknowledges one of the key facets of our Acknowledge, Introduce, Duration, Explanation, and Thank You (AIDET) customer service training "Acknowledgement". This reminds us of the importance of making eye contact and being a friendly face as soon as we can when someone is waiting for our attention.

Remember - sometimes it's the Little Things that can have the biggest impact!

I See You There!

We don't ever want our patients, or their loved ones, to feel unimportant.

Let's **acknowledge them** as soon as possible.



The WRH Patient Experience Task Force reminds you that often, **it's the little things** that have the greatest impact.



It's the Little Things

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Everyone A Winner In Running From Cancer

The 12th Annual Running From Cancer event held in Lakewood Park on September 10 saw almost 200 enthusiastic runners, walkers and dashers pick up the pace in support of cancer care. One of the last runs of the season, a highlight was the Disney Dash that saw young ones from age 2 to 12 participate in a fun run accompanied by Disney characters including Cinderella.

Hosted by Marie and Saide Eid over the last twelve years, they are committed to raising funds in support of the Oncology Program at Windsor Regional Hospital.

Thanks to sponsors such as Johnny's Gas Bar, Domino's Pizza, Brooks, New Balance, The Running Factory, Sobeys, Tim Horton's, Wolverine Freight and Mucci Farms, the event is always successful and rewarding for participants.

RECIPE OF THE WEEK

Buffalo Chicken Dip

Makes 16 servings; ¼ cup serving

Preparation: 30 min

Cook Time: 30 min (oven)

2-3 hrs (slow cooker)



INGREDIENTS

- 4 ounces cream cheese
- 1/2 cup bottled roasted red peppers
- 1 cup reduced-fat sour cream
- 4 teaspoons Tabasco® hot pepper sauce
- 2 cups cooked, shredded chicken

DIRECTIONS

Set the cream cheese out to soften. Drain the red peppers and measure 1/2 cup. Puree in a blender or food processor to make red pepper sauce. In a medium bowl mix cream cheese and sour cream together until smooth. Add pureed peppers and 2 teaspoons of Tabasco sauce. Stir until combined. Add the chicken and gently mix. Add additional hot sauce 1/2 teaspoon at a time; taste and continue to add hot sauce to the heat level you desire. Place mixture in a slow cooker for 2 to 3 hours on low heat, or bake in the oven at 350° F for 30 minutes. Serve warm dip with carrots, celery, cucumber, cauliflower for dipping, or make mini roll-ups by wrapping dip inside lettuce or cabbage leaves.

NUTRIENTS Per serving:

Calories: 73 kcal, Protein: 5 g, Fat: 5g, Carbohydrate: 2 g, Sugar 1g, Fibre: 0g, Sodium: 66mg

Aboriginal Relationship & Cultural Competency Courses

Complete all 9 courses online at your own pace
by **October 31, 2017** for a chance to

Win 1 of 5 \$100 gift cards

Open to all healthcare providers and administrators

Accredited by the College of Family Physicians of Canada
and the Ontario Chapter

Strengthen your cultural competency and understanding of First Nation, Inuit and Metis history to improve patient health outcomes and improve patient-centred care

It's easy to participate!

- Register and access the courses online for free at elearning.cancercare.on.ca
- Each course takes approximately 1 hour to complete
- After completing all 9 courses, you will receive a Certificate of Completion
- Email your certificate to Audrey.Logan@wrh.on.ca and indicate your department
- You will be entered to win!

Previously completed these courses? You're still eligible to win!

Email your certificate to Audrey.Logan@wrh.on.ca

Questions? Contact Audrey Logan at
Audrey.Logan@wrh.on.ca or 519-995-9523

CCO Erie St. Clair
Regional Cancer Program
in partnership with Cancer Care Ontario

**Deadline
EXTENDED**